

# Our Mission

## **New Horizons Treatment Center Mission**

To provide adult residential treatment and community based supportive services for the co-occurring severely mentally ill and substance abuse individuals and families of Fairfax County. These individualized services will enable participants to develop the necessary skills to function at a self-determined level of sufficiency within the community.

## **Adult Residential Services Mission**

To help consumers receiving adult residential services to maintain and/or improve level of functioning through tailoring treatment and support services to match their existing strength and functioning. Staff promotes and embraces high quality services.

## **Fairfax-Falls Church Community Services Board Mission**

The Fairfax-Falls Church Community Services Board partners with individuals, families, and the community to empower and support Fairfax-Falls Church residents with or at risk of developmental delay, intellectual disabilities, mental illness, and alcohol or drug abuse or dependency.

We provide leadership to ensure the integration of the principles of resilience, recovery and self-determination in the development and provision of services. We maintain accountability by ensuring that continuous system improvement is anchored in best practice, outcome and effectiveness measurement, and the efficient use of resources.

As the public support network, we provide services which assist, improve and maximize the potential of individuals affected by these conditions and strengthen their capacity for living self-determined, productive and valued lives within our community.



## **New Horizons Treatment Center**

*A program of the Fairfax-Falls Church  
Community Services Board*

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# New Horizons Treatment Center



A community-based  
residential treatment  
program



## About the New Horizons Program

The New Horizons Treatment Center, located in Alexandria, Virginia, is a long-term co-occurring residential treatment program designed to provide individualized treatment and support services for adults diagnosed with a severe mental illness and substance abuse disorder. The program is operated by the Adult Residential Services Division of Mental Health Services within the Fairfax-Falls Church Community Service Board.

New Horizons Treatment Center has two components of service provision: intensive residential treatment and community-based extended apartment beds (EAB). The intensive residential treatment component of the program focuses on education about substance use and mental health problems, developing coping skills, vocational/educational skill development, illness self-management, medication management and the development of life skills in order to enhance the individual's ability to live independently in the community.

The Community-Based Extended Apartment Bed (EAB) component provides a continuum of services for clients as well as the opportunity to implement the skills learned in treatment in a community setting in order to further their success. Residents in the EAB program are expected to participate in on-site groups.

The goal of the program is to support the individual in the recovery process so that he/she can be successful in a community living setting of his/her choice. The program has several phases and is designed to reflect a continuum of services with points of entry and/or exit at anytime along the continuum.

The program has the bed capacity to serve 16 individuals in the treatment program and eight in the community support (Extended Bed Apartment) program.

### *Services Provided*

- ongoing assessment
- education and support for independent living skills
- medication management and monitoring
- group and individual psychotherapy
- substance abuse and mental health disorder treatment
- recreation and social activities
- case management services, including linkages to day treatment, self-help groups, vocational and education programs, benefits, health care and housing
- staff support to program graduates moving to an off-site apartment program
- peer to peer support
- family group support